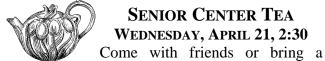
# Golden Gleanings

NEWSLETTER OF GRANBY SENIOR CENTER 15C NORTH GRANBY RD, GRANBY CT 06035 APRIL, MAY 2004

844-5352

# SPECIAL MEALS



844-5352.

## SENIOR CENTER TEA WEDNESDAY, APRIL 21, 2:30

grandchild to the annual Afternoon Tea. This lovely event includes food for everyone - tiny sandwiches, finger desserts, tea (or juice). Participants are asked to wear tea-appropriate clothing and bring their own cup or mug, preferably one with a story attached to it. Cost is \$4 for senior citizens & children, \$5 for others. Sign up at

#### **COOKING WITH GRANBY CHEFS**

Join Susan King, or one of the bakers from Lite-N-Up, to prepare scones and cookies in the kitchen at the Senior Center. Snacking and goodies-to-go. Susan has owned Lite-N-Up and been in the catering business more than 10 years. Time: April 7 at 10:00.

Janie Kanaros, the wife of the chef/owner of New England Pizza will share her love of Greek food with Granby seniors. Janie and her husband Peter left southern Greece when they were children. Learn to prepare the classic Greek dish moussaka. A wonderful opportunity to watch, participate and eat. Time: May 5, 10:00 a.m.

## **EXCURSIONS**

## AMERICAN CLOCK & WATCH MUSEUM IN BRISTOL FRIDAY, APRIL 30, 9:15-3:00

Connecticut (& New England) was once the center of clock manufacturing. Yes, we will be there to hear them all chime. Cost is \$8 with lunch on your own at Angellino's. Menu available. Sign up at 844-5352.

## **CANTON HISTORICAL MUSEUM** FRIDAY, MAY 7, 11:15-3:00

Visit the museum, enjoy a guided tour and have lunch (or breakfast) at Bickford's in Avon. The museum, in historic Collinsville, includes 3 floors of Victoriana in the former home of the Collins Company. The Collins Company was once the largest edge-tool maker in the world. Cost \$7, lunch billed separately. Not handicapped accessible – 3 sets of stairs. Sign up at 844-5352.

For information about Senior Club sponsored monthly lunches, see page 2.

Celebrate Older Americans' Month with a week of activity at the Granby Senior Center. See page 3.

### DO YOU HAVE A CASE OF COMPUTER JITTERS?

Computer jitters can be conquered with a class or two at the Granby Senior Center. "Our teacher was prepared with written handouts, she is patient and asked us what we want to learn", said Wol Kahlman. "The best thing about my digital camera class was meeting the instructor," reported George Lynch. Continued on page 7

#### DON'T MISS THESE

Camera Club meets April 5 and May 3 at 7:30 PM in the Senior Center. The 4/5 topic is rainy day photography and 5/3 is communication through photography.

#### **Senior Club Monthly Meals:**

On Wednesday, April 28 at noon the Senior Club will prepare a variety of sandwiches. Eddie Salgado and Kristie Mullins from Steps in Time will provide a demonstration in ballroom dancing. Salgado has been in the business for 24 years. Cost \$3; sign up.

Wednesday, May 26 lunch is a picnic with hotdogs, hamburgers, salads and dessert. Nona Broadman from Avon will share slides of her underwater adventures in the Caribbean. "Come see what's under the sea." Cost is \$6; sign up.

Looking for a knitting group? Marjorie Luke/Marron is starting a group for knitters who need occasional assistance with their projects. The group will meet at the Granby Senior Center Wednesday evenings at 7:00 p.m. starting April 7. Bring a project and create community. Sign up at 844-5352.

Build an Easter hat or bonnet at the Senior Center Thursday, April 8 at 11:30. Bring your own ingredients. Prizes.

John Larson, U.S. Congressman from the 1st District will be at the Granby Senior Center Tuesday, April 13 from 12-1 p.m. to answer questions about the new Medicare prescription drug law.

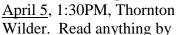
Join youthful seniors for about an hour to play board games and cards with fourth graders from Mrs. Maher's class at Wells Road School. The van will leave the Granby Senior Center at 12:45 on Tuesday, May 4. Call 844-5352.

The Granby Middle School Student Council will serve a free pasta lunch for Granby senior citizens at the Senior Center. Lunch is at noon on Wednesday, May 12. Call 844-5352 to sign up.

Granby senior citizens are invited to watch Kelly Lane elementary students' production of the play "Charlotte's Web" at Kelly Lane School on Friday, May 14 at 8:30 a.m. Van transportation provided. Continue that wonderful Senior-Student Share. Sign up for the van at 844-5352.

Farmington Valley AARP meets 1:30PM, third Thursday of each month in Eno Hall in Simsbury. April 15 is a demonstration of ballroom dancing by "Steps in Time."

#### **Granby Library Book Discussion Groups**



Wilder and watch a video about his life.

April 13, 10:00AM, Girl with a Pearl Earring, copies available.

April 20, 7PM, Master & Commander.

# **SENIOR CENTER STAFF** Senior Center phone 844-5352 Office hours, Mon.—Thurs., 9:00-12:30

Email is senior@granscyc.necoxmail.com Web Page is www.granby-ct.gov

Paula Johnson—Municipal Agent/ Transportation Coordinator, Mon. & Wed. Peg Giles- Program Coordinator, Tuesdays & Thursdays.

#### **Important telephone numbers**

Info. Line	522-4636
Social Security	493-1857
Medicare	800-982-6819
Local, Gino Marieni	653-0888
Senior Van	844-5353
Sr. Club President	
(Jean Kowalewski)	844-0341
Comm. On the Aging	
(George Bronsord)	653-6289

# **HEALTH FOCUS**

#### SENIOR CENTER HEALTH FOCUS DAY

The third Wednesday afternoon of each month is Health Focus day at the Senior Center; April 21 and May 19. Most services are provided by the Farmington Valley VNA. For van transportation call 844-5353 by noon the previous Monday. The following clinics are held:



- 1. VNA Blood Pressure Clinic: 1-2 PM; no appointments needed.
- 2. **VNA Foot Care Clinic:** 1-3 PM. Call 653-5514 for appointments.
- 3. VNA Ear Irrigation: Ear wax removal is available \$25. Trained nurses from VNA Valley Care are available to irrigate your ears at the Senior Center Please call 653-5514 for information and appointments. Home visits are available.



**Hear Again** from Simsbury will be at the Senior Center Tuesday, April 27 from 11:15-noon for hearing screening and to check hearing aides of all brands. Call 844-5352 for an appointment.

#### OTHER HEALTH RELATED ISSUES

Need a new Primary Care Physician? Call the following numbers for information: Hartford Hospital: 800545-7664; St. Francis Hospital: 877-903-7798; UConn Health Center: 800-535-6232.

**Support Groups:** McLean Healthcare & Independent Living, at 75 Great Pond Road in Simsbury, offers a wide variety of support groups. For information call Mirian McWilliams at 658-3913 or go to their website at www.mcleancare.org

## GRANBY CELEBRATES OLDER AMERICANS MONTH AT THE GRANBY SENIOR CENTER WITH A WEEK OF SPECIAL ACTIVITIES MAY 17-22

**Prepare for summer on Wednesday, May 19**. Start with a wonderful continental breakfast at 8:30 a.m. Stay for a <u>fly-tying demonstration and fishing stories</u> with Lou Urban. Bring some of your own and learn new fly-tying techniques. Jerry Rosato, athletic trainer from Eastern Rehabilitation, will lead participants in stretches and exercises designed for golfers. Cost for golf prep \$2. Continental breakfast prepared by The Gables at Farmington. Sign up at 844-5352.

Be part of the first Women's Breakfast on Friday, May 21 at 8:30 a.m. Dress Barn from Westfield will organize a fashion show. Models are needed! Models will be transported to the store in the van to select their outfits. Women interested in organizing the breakfast, or in modeling should call 844-5352. The full-breakfast will be prepared by talented staff from Meadow Brook of Granby. Free; sign up please.

Naturalist Gerry Youmans will lead a grandparent/child nature hike at McLean Game Refugee, Saturday, May 22, 10:00 AM. Join Gerry to "talk of living things in the spring." Be prepared for a leisurely 1 hour walk. Cost is \$2/participant. Call 844-5352 for more information and to register.



# **SOCIAL SERVICES**

**DIRECTOR:** KerryAnn Kielbasa **OFFICE HOURS:** 8:30 AM—4:00 PM

**TELEPHONE:** 844-5351

The focus of the Social Service Department is to coordinate existing federal, state, regional and local services, to increase community awareness of these services and to develop new programs to meet the needs of Granby residents. For more information about any of the following programs please call the office.

**Granby Emergency Fuel Bank** - The Granby Emergency Fuel Bank accepts applications for emergency assistance year round. Please call the office for income guidelines and to schedule a screening appointment. Contributions are gladly accepted. Please remit to Town of Granby Local Assistance Fund (Memo: Granby Emergency Fuel Bank), 15 North Granby Road, Granby, CT 06035.

**Granby Food Bank** - This community service is offered by the VNA to any family or individual who may need assistance in meeting daily living expenses, particularly due to loss of income or Medicare/Medicaid limitations. Please contact the Social Service office for eligibility screening and registration.

**Meals on Wheels** – McLean Home provides meals for ill, homebound, or disabled persons delivered by volunteers 5 days per week. Sliding fee scale is available. Call 658-3700 for additional information.

**CONNPACE** - Prescription assistance program for eligible seniors and disabled people with income limits of \$20,000 for single persons and \$27,100 for married couples. Applications are available in the office.

**Elderly and Disabled Homeowners' Tax Relief Program** – Applications are available in the Assessor's Office until May 15. Proof of residency and income are required. SSA Form 1099 and a 2003 income tax return (if applicable) must be provided. Income limits for the State of Connecticut Program are: Single - \$26,500 and Married - \$32,300. Additional local benefits may be available. Please call the Assessor's Office at 844-5311 for additional information and applications.

**Elderly and Disabled Renters' Relief Program** – Applications are available in the Social Service office after May 15. Proof of residency and income are required. SSA Form 1099 and a 2003 income tax return (if applicable) must be provided. Please call the Social Service Office at 844-5351 for additional information and applications.

**Handicapped Parking Permits** – Applications are now available in the Social Service Office.

**Free Library Services**—Have books, tapes and magazines delivered to you. Call Gerry Youmans at 653-6240.

**Interested in volunteering at the Senior Center?** Call 844-5352 to sign up.



# **EVENTS CALENDAR FOR APRIL & MAY 2004**

(POST THIS PULL-OUT SECTION )

MONDAY			
9-10:30 AM	<b>Drop in coffee</b> at the Senior Center. Refreshments and conversation.		
8:30-9:30 AM	Beginner Tai Chi		
9:45-10:45 AM	<b>Country Line Dancing</b> (4/5-4/26)		
May 3 10:00 AM	Genealogy with computers		
11-Noon	PACE Arthritis Exercises		
3:00-4:00 PM	<b>Computer Buddy</b> (3/29-4/26)		
4:30-6:00 PM	Computer Classes (4/5-5/24)		
Apr 5 & May 3 7:30 PM	Camera Club, first Monday		
TUESDAY			
10:30-noon	Chair massage by appointment on 4/6 & 27 & 5/4 & 18		
9:30-10:30AM	Weight Bearing Exercises		
Noon	Luncheon		
April 27 11:15-noon	Hear Again—hearing aid repairs, hearing tests		
Apr. 6 & 13	AARP tax preparation (12-3PM)		
1:00 PM	<b>Bingo</b> on April 13, 22, 27 May 11, 25		
April 13 12-1:00 PM	Congressman John Larsen answers questions		
May 4 1:00 PM	Seniors play games at Wells Road School		
4:30 PM	Gentle Yoga		

	WEDNESDAY	
8:30-11 AM	Art Group, all welcome	
Ap 7 & May 5 10:00 AM	Cooking with Granby Chefs	
9:30 AM	<b>Walking Club</b> (4/21-5/19)	
10-11:30 AM	Computer Classes (4/21-5/26)	
April 21, May 19, Noon	Widow's Group meets for lunch. Call Eileen LaPierre at 653-4206.	
May 12, Noon	Middle School serves lunch	
1:00 PM Ap 21, May 19	<b>Health Clinics</b> the third Wednesday of the month	
April 7 April 14 May 12	Class-Digital Camera (1-3PM) Class-Emailing Pictures (1-3PM) Internet Help (1-2:30 PM)	
April 21 2:30PM	Afternoon Tea	
Noon	Senior Club Lunches-Sandwich Lunch, 4/28; Picnic 5/26	
May 19 8:30 AM 9:00 AM 10:30 AM	Continental Breakfast Fly-Tying Golf Exercises	
7:00 PM	Knitting Group (4/7-4/28)	
THURSDAY		
10-11:45 AM	Needle workers meet	
April 8	Create an Easter Hat (11:30 AM)	
April 22	Bingo with Kids (12:30 PM)	
Noon	Luncheon	

More Thursday events			
4:30-5:30 PM	Yogilates		
FRIDAY			
9-10:00 AM	Continuing Tai Chi		
8:30 AM	Men's Breakfast-April 16 (note change of date) & May 14		
10:15-11:15	Weights for Women II		
April 30 9:15-3:00 PM	American Clock & Watch Museum-Bristol		
May 7 11:15-3:00 PM	Canton Historical Museum		
May 14 8:30 AM	Charlotte's Web at Kelly Lane School		
May 21 8:30 AM	Women's Breakfast & fashion show		

#### SENIOR VAN

The **Granby Senior Van** provides rides for shopping and activities at the Senior Center. The van is

funded in part by North Central Area Agency on Aging, Inc. and Granby Community Fund. Call the Senior Center at **844-5353** one week in advance, Monday mornings before 11:00 AM for scheduling. Wheelchair-bound riders are taken to doctors' offices.

TAP provides rides for medical appointments for ambulatory seniors who do not wish to drive. They are taken to appointments in the cars of volunteers. The TAP Coordinators are Patti Wilson & Syb Dietlin. Please call them at 844-8859 at least one week before your appointment. Be prepared to leave a message on voice mail. Your driver will call you.

#### REC DEPARTMENT TRIPS

#### **Mediterranean Celebration**

Wed., June 2. Music, art, gardens & Mediterranean food in mansion in Katonnah NY. 7:45-5:00PM Cost: \$64.

#### Mohegan Sun

Fri, June 18. Leave Town Hall at 8:00 AM; leave casino at 4:00 PM. Cost: \$15.

#### Sail Rhode Island 2004

Sun. July 18. Sail 90 minute cruise among Tall Ships in Narragansett Bay, tour of area, Lunch at Amalfi's. Cost: \$72.

<u>Above</u> trips are organized by the Recreation Department. All need advance reservations. <u>Call 844-5356.</u> Phone reservations accepted, but payment is required within 7 days.

# SCHEDULED VAN TRIPS ARE: Shopping: AM & PM

1st & 3rd Mondays ...... Granby

1st Wednesday	Granhy
2nd Wednesday	
2nd Wednesday	DIg I
3rd Wednesday	
Gra	nby & Health Clinics
4th Thursday	Granby
5th Wednesday	Granby
Regular Activities:	•
2nd & 4th Tuesday	Bingo
Tuesdays & Thursdays	
1st Tuesday	Senior Club
2nd Friday	Men's Breakfast
4th Wednesday	
	Senior Club Lunches
4th Wednesday	Senior Club Lunches
4th Wednesday <b>Special Van Trips:</b>	Senior Club LunchesApril 2, May 7
4th Wednesday <b>Special Van Trips:</b> Enfield Mall	Senior Club LunchesApril 2, May 7April 16, May 28
4th Wednesday  Special Van Trips: Enfield Mall Ingleside Mall	Senior Club LunchesApril 2, May 7April 16, May 28May 21
4th Wednesday  Special Van Trips: Enfield Mall Ingleside Mall WalMart	Senior Club LunchesApril 2, May 7April 16, May 28May 21April 7 & May 5
4th Wednesday	Senior Club LunchesApril 2, May 7April 16, May 28May 21April 7 & May 5April 21
4th Wednesday	Senior Club LunchesApril 2, May 7April 16, May 28May 21April 7 & May 5April 21April 30
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4th Wednesday	Senior Club LunchesApril 2, May 7April 16, May 28May 21April 7 & May 5April 21April 30May 7May 12

## **EXERCISE OPTIONS**

Exercise classes at the Granby Senior Center run for six-week sessions. The sessions cost \$30 although, they can be joined at any point in the session and costs are prorated. To sign up, call 844-5352. Classes will end in June. Classes include PACE class for those with arthritis on Mondays from 11-12, a weight bearing class for women on Tuesdays from 9:30-10:30, a more advanced weight bearing class on Fridays from 10:15-11:15; a gentle yoga class Tuesdays from 4:30-5:30. A more advanced vogilates class meets at a new time on Thursdays, 4:30-5:30 p.m. Advanced Tai Chi meets Friday, 9-10AM. Beginner Tai Chi meets Mondays from 8:30-9:30.

The second four-week session of **country line dancing** at the Granby Senior Center begins Monday, April 5 at 9:45 a.m. with Jo Hansling as instructor. Cost \$20. Call 844-5352 to register. No partner needed; wear slippery shoes.

New in Granby, a **directed walking club** will start at the Senior Center 9:30 a.m. on Wednesday, April 21. Come to the first meeting (no charge) to learn about the science of walking and to decide if this group is for you. The fourweek class begins April 28 and costs \$20. Participants will learn about the benefits of walking, how to purchase the correct shoes, proper stretches, how to monitor your heart rate, and will get charts to motivate you the rest of the



week. Instructor Carol Vermillion taught at Westfield State for years and is excited about sharing her passion for walking. Call 844-5352 to register.



**Need help with spring chores?** "I'd be willing to pay a teenager to do this job, but I just don't know anyone!" Try the Youth Employment Service (Y.E.S.). Y.E.S. is offered by Granby Youth Services. The goal is to place youth ages 11 through 18 in jobs requested by members of the community. Call Ingrid Helander at 844-5355.

#### **Computer Fear** continued from page 1 ...

Lynch goes on to say that he learned what things COULD be done with his own camera. Joyce Crawford, who participated in the Computer Buddy Program, liked the idea of having middle school youth be the teachers. "They are so smart!"

Classes can get you comfortable with the computer, sharpen your internet skills, teach you how to edit, email, organize and store those digital photographs. They cost \$20 for 6 sessions, \$10 for two sessions and \$7 for a single class.

#### **Computer Class Schedule:**

Beginners 101: Harry Fischer, Wednesdays, 10-11:30: April 21, 28, May 5, 12, 19, 26

Intermediate: Lynn Broders, Mondays 4:30: April 5, 12, 26, May 3, 10, 24

Digital Camera: Harry Fischer, Wednesday from 1-3 PM on April 7.

Emailing a Picture: Harry Fischer, Wednesday from 1-3 PM on April 14.

Geneaology: Bill Haslun, Monday, 10 AM, May 3,

Internet Class: Edie Duncan, Wednesday, 1-2:30 PM, May 12 Creating Cards: Harry Fischer, Wednesday, 1-3 PM, June 2 Computer Buddy Class: Four Mondays June-July, FREE



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GLBUDY, CT 06035 GOLDEN GLEANINGS SENIOR CITIZENS OF GRANBY



To the wonderful crew that helped collate the January, February Golden Gleanings— John Banas, John Budek, Herb Carnes, Stella Crochetiere, Joe & Alice Fry, Ed Fry, Millie Fuchs, George Hansen, Sue Heminway, Grace Kane, Rex Kerr, Jean Kowalewski, Eileen LaPierre, Ellie Olin, Fran Phelps, Bill & Aldah Stulpin, Audrey Tully, Peg Turley